

## 4 STEPS FOR KIDS



# Child Passenger Safety

## A Parent's Primer

*Growing Up Safe: It's a four-step process.*

### 1 Rear-Facing Seats

- For the best possible protection, keep infants in the back seat in rear-facing child safety seats as long as possible up to the height or weight limit of the particular seat. Keep infants rear-facing until a minimum age of 1 and at least 20 pounds.

### 2 Forward-Facing Seats

- When children outgrow their rear-facing seats (at a minimum age 1 and at least 20 pounds), they should ride in forward-facing child safety seats in the back seat until they reach the upper weight or height limit of the particular seat.

### 3 Booster Seats

- Once children outgrow their forward-facing seats, they should ride in booster seats in the back seat until the vehicle seat belts fit properly. Seat belts fit properly when the lap belt lays across the upper thighs and the shoulder belt fits across the chest (usually at age 8 or when they are 4'9" tall).

### 4 Seat Belts

- When children outgrow their booster seats (usually at age 8 or when they are 4'9" tall), they can use the adult seat belt in the back seat if it fits properly (lap belt lays across the upper thighs and the shoulder belt fits across the chest).

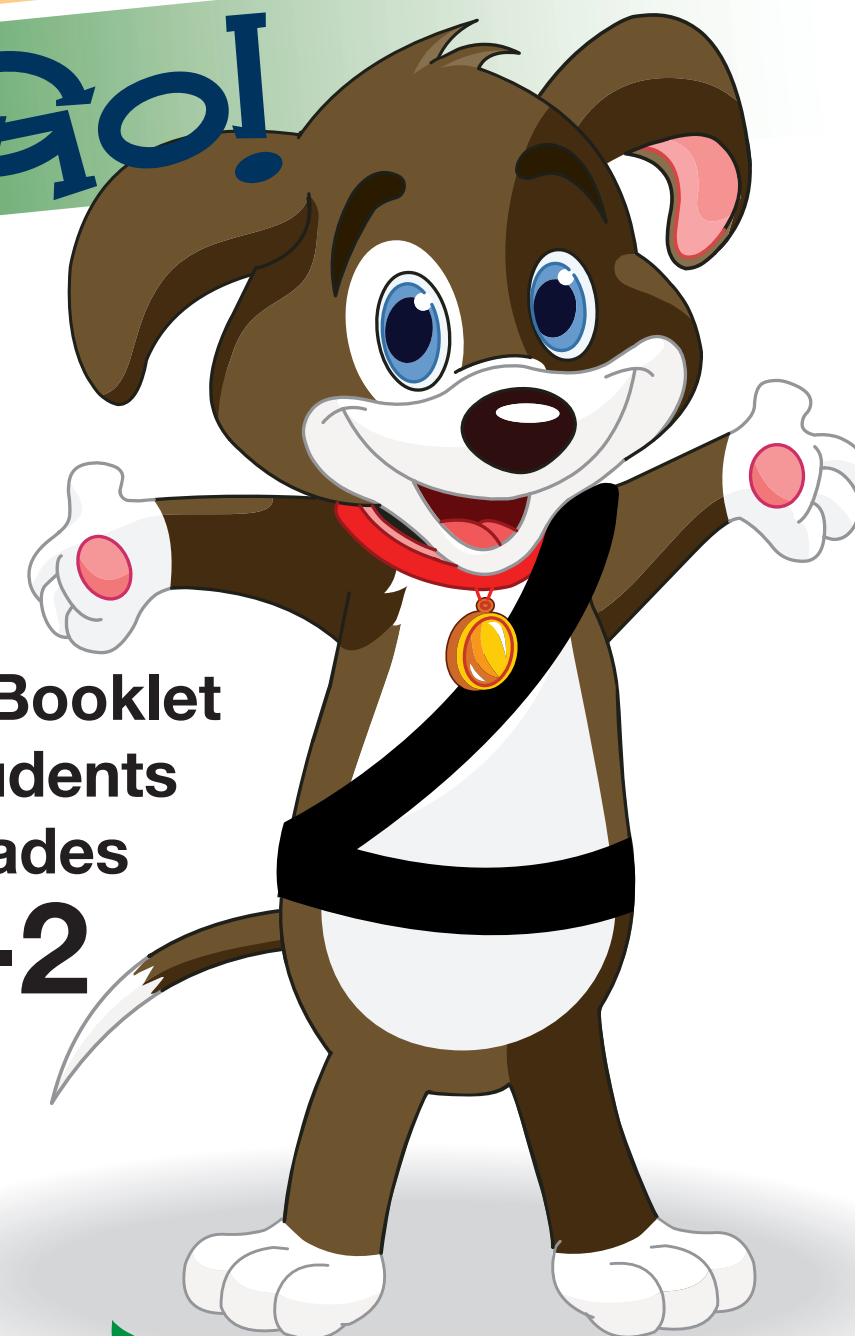


A certified child passenger safety technician can check your car seat installations and answer questions. To find a technician or an inspection station near you, contact your local public health unit or call the North Dakota Department of Health at 800.472.2286.

REMEMBER: All children younger than 13 should ride in the back seat. Always read the child restraint instructions and the vehicle owner's manual.



# Ready? Safe? Go!



## Activity Booklet For Students In Grades K-2



NORTH DAKOTA  
DEPARTMENT of HEALTH



# NORTH DAKOTA'S CHILD PASSENGER SAFETY LAW

- Children younger than 7 are required to ride in a child restraint (car seat or booster seat). The restraint must be used correctly – following the manufacturer's instructions.
- A seat belt may be substituted for children younger than 7 who weigh more than 80 pounds and are more than 57 (4'9") inches tall.
- A lap belt may be used by children who weigh more than 40 pounds who ride in vehicles with lap-only seat belts or if all lap and shoulder belts are used by other occupants. (This is because booster seats require both a lap and shoulder belt for correct use.)
- Children ages 7 through 17 must be properly secured in a seat belt or child restraint (car seat or booster seat).
- The law applies to all seating positions – front seat and back.
- The driver is responsible for ensuring that all occupants younger than 18 are buckled up in the appropriate restraint.
- The penalty for violation is \$25 and one point against the license of the driver.

Effective: August 1, 2005

 North Dakota Department of Health  
Injury Prevention Program  
800.472.2286

 **NDDOT**  
North Dakota  
Department of Transportation



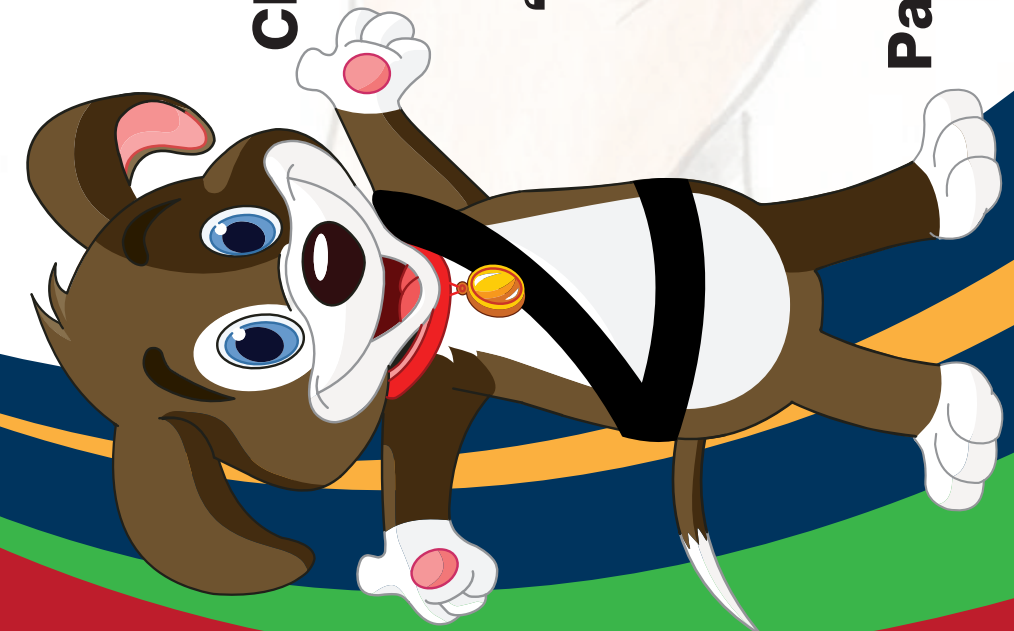
## Buckle Up Pledge A Parent/Child Promise

**“I Promise to buckle up in the back seat  
every time I ride in a car and to remind  
others to buckle up too!”**

**Child's Signature:**

**“I Promise to remind my child to buckle up  
correctly in the back seat every ride and  
to wear my own seat belt.”**

**Parent's Signature:**



# COLOR BY NUMBERS



- 1 - Black
- 2 - Brown
- 3 - Red
- 4 - Blue
- 5 - Yellow



**Buckle up in  
the back seat!**

# BUCKLE UP MAZE



Help the booster find its way to the safest place in the car,  
the back seat!

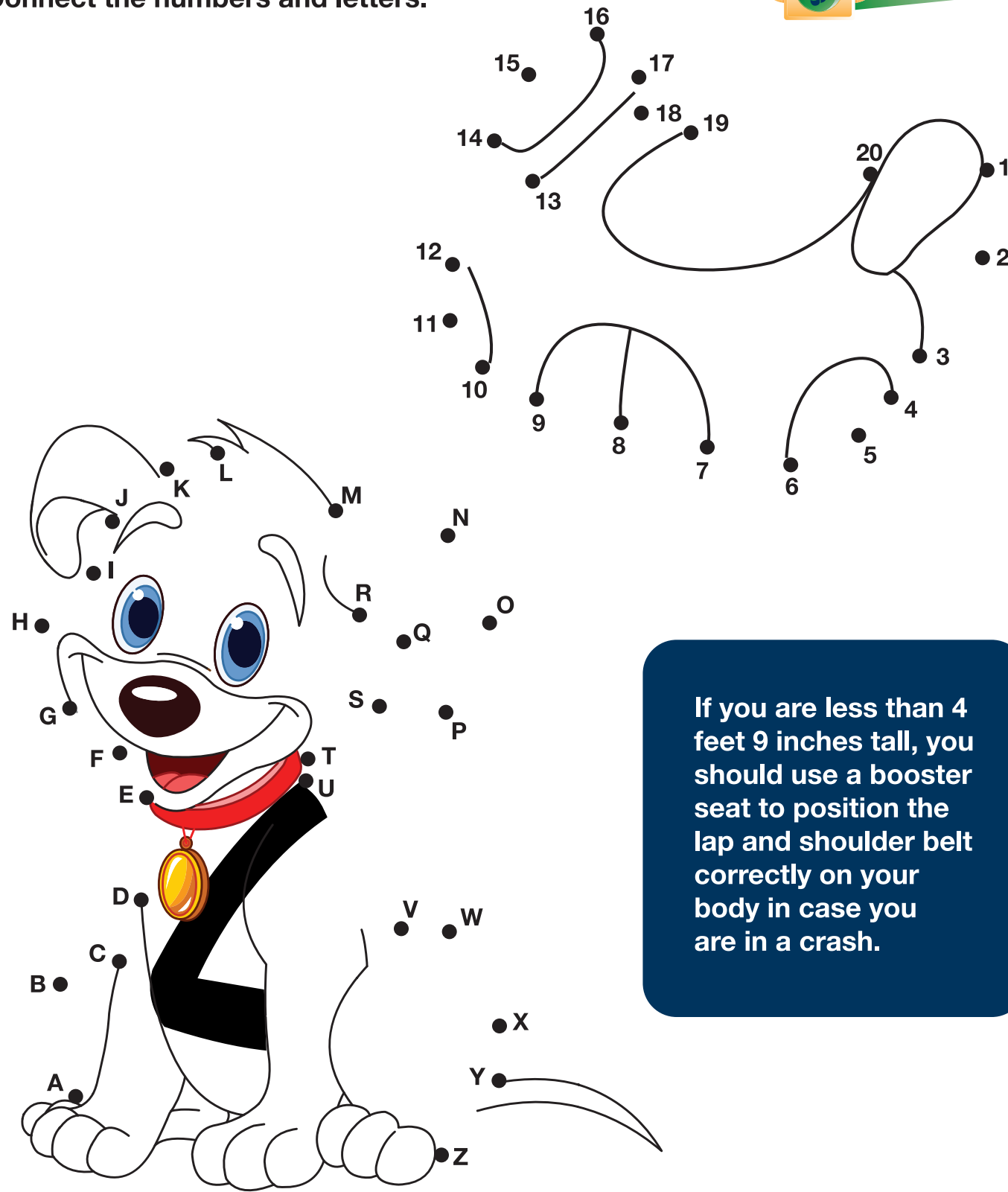


Always make sure  
everyone riding in your  
car buckles up all the  
time and every time.



# MAKE IT SAFE

Connect the numbers and letters.



If you are less than 4 feet 9 inches tall, you should use a booster seat to position the lap and shoulder belt correctly on your body in case you are in a crash.

# MORSE CODE MESSAGE

Solve the messages below by placing the letter above each code, then put the letters together to spell a secret message (but the message is really not a secret!).



|    |     |     |    |     |     |     |     |     |
|----|-----|-----|----|-----|-----|-----|-----|-----|
| A  | B   | C   | D  | E   | F   | G   | H   |     |
| .. | ... | ... | .. | .   | ... | ..  | ... |     |
| I  | J   | K   | L  | M   | N   | O   | P   | Q   |
| .. | ..  | ..  | .. | ..  | ..  | ..  | ..  | ..  |
| R  | S   | T   | U  | V   | W   | X   | Y   | Z   |
| .. | ... | ..  | .. | ... | ..  | ... | ..  | ... |



- ... . - - - - . - - - -
- .. - - - -
- . - - - - . - - - -
- - - - - - - - - -

Secret Message:

\_\_\_\_\_!

Children 12 and younger should ride in the back seat — even if your vehicle does not have air bags. Most crashes are frontal crashes and happen close to home.